

Bowie FC Bulletin



March 2023

Developmental Program Games

The Developmental program games begin March 25 and runs through May 13. More than 200 players between the ages of 4 and 10 will participate in the Spring season. Good luck to all the players as they enjoy learning and improving their skills. Thank you to our volunteer coaches. We appreciate you.

Tournament Play

The 2008 Boys Travel team is participating in the Alexandria Soccer Kickoff 2023, March 3-5, in Alexandria, Virginia. Bowie FC's first game is Saturday, March 4 at 8:30 am. [Follow the team's progress.](#) Good luck to all the players!

Futsal Season Continues

Bowie FC has eight teams participating in the fast-paced game of Futsal. The season began February 11 and continues until April 2. The teams play at [Benefield Sports Center](#). Follow Bowie FC and take some time to cheer the players on. Schedules can be found through the following links: [2009 Boys](#), [2011-2012 Girls](#), [2011-2012 Boys](#), [2013 Boys](#), [2014 Boys](#), [2008-1 Boys](#), [2008-2 Boys](#), [2005-2006 Boys](#).

Coach's Corner

Question: What should soccer players eat before practices or games?

Answer: Nutrition is the key to success for any athlete—including children. Instilling good nutrition, including hydration, at an early age will last a lifetime. Eating and drinking properly before practices or games will enhance an athlete's performance.



Hydration is vital and should begin well before practices or games. It is important to eat with enough time to digest the food. A full meal should be eaten 3-5 hours before a game. Breakfast ideas are oatmeal with fruit, eggs, fruit, vegetables, low-sugar whole grain cereal with fruit, protein shakes, bagels or toast with peanut butter. Lunches or dinners ideas can consist of pasta with meat and a white or red sauce, chicken, turkey, beef, fish and a salad, or turkey or ham sandwiches and fruit.

Pre-game snacks, to be eaten 1-2 hours before game time can be granola or protein bars, bananas, apples or oranges, or trail mix.

It is also important to fuel up between and after games. [Learn more about nutrition for your athlete.](#)

CALENDAR

February 11-April 2, 2023

Futsal Season, Benefield Sports Center

March 3-5, 2023

Alexandria Soccer Kickoff 2023 Tournament

March 12, 2023

Daylight Savings Time Begins

March 25, 2023

Developmental Program Games Begin

April 5-April 13, 2023

Passover

April 9, 2023

Easter

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